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MONDAY, MARCH 7, 2011

CONESTOGA COLLEGE, WILSONVILLE, ONT.

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ISSUE #166 - PG. 2

Conestoga celebrates its first powwow

By **ASHLEY-JAYNE HARRIS**

Authentic dance costumes, beaded crafts and artwork filled the Conestoga arena's gym on Feb. 28 as Conestoga's first powwow, organized by the Aboriginal Services office. The weekend was a celebration that showcased all tribes' participation in Powwows are a spiritual, yet entertaining event, where the native people and members of the community learn about the native language.

The powwow begins with the grand entry, where all participants enter the arena leaving the grand entry everyone is asked to stand as they are brought in. The Daps arrived generally include the Canadian flag and tribal Daps as well as eagle staffs of the various tribes present. They are usually carried by veterans.

Following the veterans are other important guests of the powwow including tribal chiefs, elders and powwow organizers. Next in line are the dancers.

Once everyone is on the arena, a song is sung to honor the guests and the veterans. After a proper the dancing begins, and everyone is

welcomed to dance to the beat of the drum.

There are many types of dances which are respectfully called regalia according to their style of dance. Traditional men and women dances, single dancers, people dances and the men's dance dancers are some of the most popular dances at powwows.

Many artists and native craftspersons were in attendance, selling their artwork. Powwows are a chance for the community to see and appreciate the beauty and talent of the culture.

"This powwow was a total success," said Henry Hingonson, manager of Conestoga's Aboriginal Services.

"There is a powwow tradition that together with people making the most of their living and trying to do good for our community."

Although the powwow was on one day, there are some that repeat of two, which is something Aboriginal Services is expanding in the future.

"We had no vocal support from the students and community," he said. "I wouldn't change a thing."



Performers are awarded Little Indian.

Single dancers, shawl dancers and traditional men and women dancers of all ages circled their regalia around the circle.



Traditional Native dances, circle and shawl regalia, Great power of their regalia many wear to their first victory. Some people spend years making parts of their outfit.

TRADITIONAL

Shawl dancers are the most popular and widespread style of dance today. Each dancer must incorporate eagle feathers, animal skins, beaded jewelry, staffs, and medicine wheels which all symbolize their status as warriors.

Warrior's traditional dance - These dances convey their role as providers of life and keeper of the lands and family. The regalia today combines the traditions of their ancestors.

Shawl dancer - The shawl dancer is a highly skilled dancer that gives women the opportunity to break the spirituality of the traditional dance. It is the most prominent feature of the regalia in of course, the shawl.

Single dancer - One of the powwow's most popular dances performed by the women. The dance includes several moves that are unique across the dance. Single dancers must keep the rhythm of the dance with the judges on the drum.

Men's song dancer - This is a heavy, cultural and spiritual dance. They typically wear beaded capes, bear leather tunics, beaded socks, moccasins and belts on their belts.



Bear Paw Ogilvie is a well known artist that has been known for his skills. He attended about five powwows a year and has had the privilege of having his artwork showcased in galleries such as the Georgian Arts Center and the Native Art Gallery in Ontario.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If today was a warm summer's day
instead of a cold winter's day,
what would you be doing?



"Been in the park."

Mike Fletcher,
first-year
television broadcasting

"Go for a walk."



Dylan Sheehan,
third-year
television broadcasting



"Be at the beach
contesting."

Dylan Sheehan,
third-year
television broadcasting



"Get in my Speedo."

Mike Fletcher,
first-year
television broadcasting



"Being, being alive."

Mike Fletcher,
first-year
television broadcasting



Send Conestoga: you could be our next respondent!

Plan for your retirement

By MARCUS JANTZEN

The retirement race begins in the baby boomers in about 10 years: the retirement boomers.

After the Second World War, there was a substantial increase in the population, known as the baby boom. Many of them are expected to turn the traditional retirement age of 65 in 2011.

With a struggling economy and an expected increase in the number of retirees, many Canadians may be wondering what the future holds for them. The smart ones are ensuring they have a nest egg by investing now.

Registered retirement and savings plans are one of the most commonly used options out there today.

"It can be a very powerful retirement tool," said Michele Champagne, investment consultant at the Royal Bank of Canada.

According to Statistics Canada, less than 50 per cent of Canadians have any form of a pension plan, making retirement savings even more critical.

In December, the Royal Bank of Canada released its

annual registered retirement savings plan poll. It showed that 61 per cent of Canadians invested in RRSPs compared to 54 per cent in 2000. The poll also found that the average reported market value of RRSPs has increased by an average of 17 per cent in 2000 over the past two years.

The purpose of this plan is to put money into a savings account to provide a tax deduction and to not pay taxes on the investment while also collecting interest.

"Most people tend to take responsibility for funding their own, often long, retirement," said Linda Peters, professor of retirement and financial planning. "RRSPs are not much vehicle and for anyone in the mid or higher tax bracket, they are a good choice."

The Status of Actuarial that you receive from the Canada Revenue Agency (CRA) after filing the year's tax return will have the maximum contribution you can make for the next year. If you have not received this notice in time to double-check the amount, call CRA at 1-800-959-5294.

Although the March 1 RRSP deadline for this year has

passed, you can start putting money in for next year. And contribute as a young spouse as an adult as you can afford, as well as your own. Even modest regular contributions can build over the years into a significant retirement nest egg.

However, increasing toward retirement isn't always for everyone, as it depends on several personal circumstances.

"We would not recommend it for everyone as it will depend on different factors and their goals," said Champagne. Debt and payments that may have you in a tight financial situation are other factors, he added.

A tax free savings account, or another commonly used investment tool, according to Peters.

You can contribute up to \$5,000 annually to this plan. It allows you to grow your money tax free, meaning when you withdraw the funds you don't pay taxes on capital gains, dividends, trust share income or interest earned.

There are no age restrictions on how much contribution you can carry forward — \$5,000 up any time you want.

MINIMALISM ART AT CLAY AND GLASS



Photo by Lisa Allen

Artist Jim Make stands in front of his piece titled *Formal Project 2*, created with porcelain and mixed media. It is on display at the Clay and Glass Gallery in Waterloo until March 27, along with the work of Amanda Gorman-Burrows.



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Learning Commons here to help you

By JONATHAN FISHBURN

At Conestoga College's three campuses it's not hard to get help with your studies. At the Learning Commons, staff offer writing help, learning help, peer tutoring, math and computer help, peer conversation partners and groups and workshops.

Individual appointments at the writing centers are free. The staff is there to help you plan your writing, organize your ideas, develop your sentences and cite and reference your sources. In deeper depths, they will teach you about paragraph structure, introduction and conclusions, creating an outline, identifying and supporting errors and use of different sentence styles (APA, MLA, IEEE, etc.).

The Learning Commons also recently opened a Math Centre. There they offer assistance to students who need support with their math studies.

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After coming to see Laura I got 77 per cent on my math test.
— Olivia Adams, student, Foxburgh campus

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There are three services offered: drop in math help and appointments with the math specialist. It's available from 9 a.m. to 5 p.m. at three Conestoga College campuses: Dana, Wysexton and Ganung. The Math Centre assists students with their math homework



Photo by Jonathan Fishburn

The Learning Commons is open daily Monday to Thursday from 9:30 a.m. to 5:30 p.m. and Friday from 9:30 a.m. to 4 p.m.

work and assignments. If you have more serious concerns with your math studies, appointments can be made with the math specialist. Students are able to book appointments individually or in small groups.

Some of the students who took advantage of the services had very positive experiences and wanted to share them, although anonymously.

"After coming to see Laura I got 77 per cent on my math test. So highest mark I've ever received. I had just barely passed all the rest of my tests. And that was only after one session," said an office

administrative student at the Ganung campus.

At the Learning Commons they will also help you with your learning skills, helping you be successful in your programs.

"I am a mature student diagnosed with ADHD, and supported with Disability Services in my university. The learning skills advisors made me feel noticed and is generally interested in your experience at the college," said an office admin student at the Dana campus. "I was given new tools and strategies for studying. My first term was completed with a

3.54 GPA because of the service. My overall experience has been positive. Everything is completely confidential and I would recommend Learning Commons services to everyone."

Peer tutoring at Learning Commons is another service offered. Staff is there to help you get on top with your homework, assignments and studying. You can also get subject specific help by making an appointment with students.

"The peer tutoring service offered by the college was immensely helpful to me during my first semester of being back in school after a one year

break," said a Conestoga College software engineering technology student. "My tutor was extremely knowledgeable and not only helped fill any holes of misunderstanding but was a great sounding board and support system for me as I worked through what would potentially have been an extremely stressful semester."

There is also a service there to help ESL students. That service is peer conversation partners. The student is matched with a conversation partner to strengthen his or her English speaking skills, build friendships and learn more about Canadian culture and Conestoga College. Usually the student and his or her partner will meet one hour per week.

"It was a pleasure to share wisdom before students started the campus and it was interesting to speak about the differences in our cultures, values and experiences," said Tina Nguyen, a Conestoga College health information management student. "I felt that my partner really benefited from the program, and helped her adjust and feel welcomed to Conestoga College's culture and environment."

For more information drop by the Learning Commons on the Dana campus, located at 54188 Inverness from The Horseshoe. To make an appointment, come by or call 519-748-2300, ext. 2364. More information is also available at the college website, www.conestoga.ca/learningcommons.

Thanks to the Learning Commons, I got 77 per cent on my math test.

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Appreciate democracy

By GARETH NORMAN

While many of us celebrated the coming of a new year the Middle East was accepting yet more protests and violent uprisings. On Jan. 25, thousands of Egyptians took to the streets demanding the resignation of President Hosni Mubarak.

On Jan. 25, ABC News posted an article about the riots and leader up that website, were also on CNN. According to the article, Mubarak is a former bomber pilot, and was once head of the Egyptian air force. He served as the vice president of Egypt in 1975 under President Anwar Sadat. However, on Dec. 8, 2001, he died, his assassination during a parade in Cairo and the country was left without a ruler.

On Oct. 31, 2001, only eight days after the assassination, Mubarak became the fourth president of Egypt. Mubarak continued through relations with the United States during his presidency by sending troops to participate in the Gulf War and providing access to the Suez Canal. While he has received billions of dollars in aid from the American government, none of it has gone to the people. However after ruling the country through 30 years of poverty, unemployment, and corruption, the moderate leader died by coup on Feb. 11.

Facing Mubarak's overthrow wasn't easy. On Feb. 8 Human Rights Watch reported on the violence these two weeks were for any. According to the organization, the death toll has exceeded 300 people. Police fired not control weapons such as tear gas and rubber bullets at peaceful protesters, killing some of them.

Many of us would have been wondering what we could do to help. Seeing images of protesters taking their lives for equality should make us realize how lucky we are in Canada, and all things less here, a democratic society and for this we are truly blessed. We do not have to fight for our rights like the people of Egypt, and many other countries. As peace slowly returns to Egypt the best thing that we can do is promote and exercise our democratic rights. According to Elections Canada, only 55 per cent of Canadians can vote in the 2008 federal election. This is the lowest record of voter turnout in the history of Confederation.

Candidates need to appreciate our form of government. A democratic government provides us with equal opportunities and rights, a luxury that many do not have.

"Thousands were injured, and over 300 people in Egypt lost their lives. Our hearts go out to them and their families and we wish them the best in becoming a democratic country."

Letters are welcome

Letters intended for the editor letters should be signed and include the name and telephone number of the editor. Letters will be published the verification. No unsigned letters will be published. Letters should be no longer

than 500 words. Senders reserve the right to edit any letter. For publication Address correspondence to: The Editor, SPOKE, 200 West Valley Dr., Room 1235, Montreal, Qc, H3G 2M4



Souring gas prices are kicking off area drivers

How much will we have to pay?

Are you getting tired of having to pay so much and saying "Is this gas?" I think more and more our cars are and by starting to get annoyed by them, usually about the price increase.

It's unfortunate that gas is such a crucial aspect to driving a vehicle which means we therefore have to pay whatever the price is at the time. Just last week, gas rose to \$1.20 a litre. It's often hard to believe that the reason given for these price increases is always based in the world, the state of other countries, increasing oil gas consumption was pretty much, well, as whatever they want, and when to know it's the best?

Based on the inflation coefficient, increasing the cost of major price index. Based on The Bank of Canada's web site the 2011 price index was at 65 cents per litre. If that's accurate, then we're paying almost double the price for gas that we would have paid many years ago. A Feb. 27 article in the Ottawa Citizen about gas prices makes a good point when it asks when the last time an



We're paying almost double the price for gas that we would have paid many years ago.

oil company went broke was. We would have to agree with that, and wonder perhaps whether the gas companies take the price to whatever they can get away with.

They are constantly using various to justify the current gas rates such as prices in Libya, etc. It's hard to believe there are the actual reasons for why gas is so pricey, especially since the price is the same every where, and because they have gas stored here in

Canada. However, the price dropped the same day it turned into the Middle East. Also, it's often seen as long weekends and holidays when people are more likely to drive long distances, and the prices all seem to increase together. How can you not be suspicious about this?

The Ottawa Citizen article made the exact same point but using a rather common term, it stated "If a massive drop were to hit the Florida citrus trade, you would expect oranges to eventually cost more money. But you wouldn't expect the price to be raised and so prices always already on the shelf." It really gives you something to think about doesn't it?

When going over the facts it tends to be the oil and makes an really dumb show, what big companies can get away with a lot with the government doesn't step in and say "that's enough."

The oil companies are getting away with charging pretty much whatever they want, adding silly justification and keeping the world to buy it. Do you?

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Every day should be a caring day

United Way honours those who supported them in the past year at their annual awards banquet

By AMANDA BARKER

Can it be said that was the message United Way Kitchener/Waterloo CEO John Varner expressed at the second annual Community Spirit Awards on Feb. 25.

Research in Motion and The Waterloo Inn sponsored the early evening banquet, at which the United Way honoured the agencies, teams and individuals that supported them throughout the fiscal 2011 year.

Varner brought attention to the "systemic effort," a situation existed when a witness to a crime or accident doesn't call for help, because "sometimes also must have done it through."

She explained why this is such a terrible attitude, and beyond the odds are not to leave it to someone else.

"I've never thought this way, no one will help," she said. She also said the United Way raised \$12 million of their \$4 million goal, but that it was interesting.

"It's just not enough," she said. "We want to help everyone, but we just can't make any more."

The United Way does not just help out those who are in dire straits, but it offers preventative measures as well.



AWARDS: AMANDA BARKER

John Gidycz from Clemons (Saskatoon) Technologies poses with the United Way's latest representative Steve Smith at the Community Spirit Awards. Clemons (Saskatoon) and United (Saskatoon) were awarded the John (Saskatoon) and United (Saskatoon) Award, and Gidycz was presented with the Joe Williams Memorial Award.

"We would raise money to help the community, and it would go to serve all agencies," said Varner.

The money we give them went back to the community and the cycle started again. But now we take information from the community and use it to help us help them."

Hosted by 3M 370's Lane Drive, the awards brought to light the strength and energy devoted to the United Way by the various companies as well as by the volunteers who make the charity such as strong.

"I was so touched to be asked to share the message this year," said Varner.

"I knew that it was a really important issue, but it really touched me."

Awards were given out for agency engagement, leadership giving and the best short-term campaign. An award was also presented for passion and determination during the campaign, called the United Way (Saskatoon) Award, which was given to Windsor Regional Police Chief Mark Tortorella.

"Every day should be a caring day," said Varner.

"Let's make it a caring day, and care a forward."

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Join the healthy movement

CBC and many others work to promote a healthy lifestyle

By LAURA DENNEY

Small changes will make a big difference.

At least that's what CBC is trying to promote with their new initiative, *Live Right Now*, a program that runs from January to July 2011.

"One of the things we are trying to do is establish a 'healthy change,'" said Jeff Reay, head of health relations at CBC.

"The initiative is to promote healthy nutrition in Canada and push Canadians to challenge themselves to lose weight."

CBC has a ton of show tapes that Canadians can take part in, including playing to lose five to 10

pounds.

The initiative also has shed the stigma such as exploring water cooking by making more steams and soups, stocking the fridge with vegetables and parking in a car as a dad because as a family.

"A healthy lifestyle change is something that doesn't ever disappear," said Reay, adding that they are trying to find what works about the Canadians over a long period of time.

"It goes along with our other programs," he said,

adding that the CBC's new hit show, *Village on a Hill*, is one way to get Canadians on the right track for living a healthy life.

Village on a Hill is a reality TV show about Taylor, R.C., a town that has to live on the clock—leaving the house at 7 a.m. and not leaving until 10 p.m. in 20 weeks.

CBC, along with the Heart and Stroke Foundation, Canadian Diabetes Association, Participation, TMCA of Canada, Blackfoot for

Learning, Business of Canada and many other organizations are joining together on the mission for a healthier Canada.

"We receive certain content for the campaign related to healthy eating and nutrition," said Theda Ha, media relations manager for the Business of Canada.

"It's another part of our job as marketing partners to CBC if they are looking to do a personal story on a diet."

"As a group we have come together really well," she said. "It's great and it's a big initiative. We are really happy a company like CBC is taking on such a big mission."

The Business of Canada is launching a new cookbook called *Cook*. "This year we are encouraging Canadians to cook more often and to eat with their family," said Ha.

Reay said it's too soon to say if *Live Right Now* will be an annual thing but he believes that the CBC will continue to work at building a positive and healthy environment in Canada.

"As an organization we will continue to pursue high impact public events throughout the year," he said.

"Our whole thing is to engage with Canadians and we are going to do that in as many ways as we can think of."

HONEY DIJON SALMON WRAPS

(From President's Choice recipes)

Serves 2
Ingredients

- 1 can FC Blue Mince, well drained, undrained
- 1 cup sliced almonds
- 2 tbsp FC Blue Mince dressing (in this healthy diet)
- 2 FC Blue Mince whole grain tortillas or Flax
- 1 cup packed baby spinach leaves

Preparation

Wash spinach up then stir in carrots and dressing. Lay tortillas on flat surface and cover them with spinach leaves. Divide salmon mixture into a thick line along bottom third of each tortilla. Wrap up tightly leaving both ends open.



PREPARED PHOTO

Nutritional information:
Per serving:
380 calories
14 g fat
3.5 g Omega-3
polyunsaturated fat
490 mg potassium
16 g carbohydrate
4 g fibre
25 g protein

FOOD AND NUTRITION TIPS

- Eat one green and one orange vegetable a day
- If you want to avoid excess popcorn or saturated fats
- Fats: foods with fibres and fibres to avoid salt
- Eat one serving of fish twice a week
- Eat breakfast every day - this reduces hunger throughout the day
- Enjoy drinking a lot of water by adding lemon, lime and mint to it
- Add fruit to your cereal and when making muffins and pastries
- Put lemon rind and whole wheat powder
- Read nutrition labels when deciding what to buy
- Leave the string tied pretty in some fruits and vegetables — they contain a lot of fibre
- Continue to eat the foods you love but less often and in smaller portions



PHOTO BY LAURA DENNEY

Stefie Bourque, left, and Jenni Simon stand with their homemade healthy 100% dip and pit chips at the head table of Herbal Magic on Stouffville Road in Richmond Hill during their open house on Feb. 28. Bourque, 35, lost 65 pounds in five months with Herbal Magic.

When women lose they win

By LAURA DENNEY

It has been a long winter. The Christmas holidays ended a while ago but the holiday weight we put on still lingers. With the temperature rising and the days increasingly longer, beach season is getting closer.

In Canada there is still a lot of winter in minds and many places across the country. Women are helping people get fit.

From Feb. 24-26, Herbal Magic on Stouffville Road in Richmond Hill is open house. "We try to get more people aware and help women lose weight," said Jenni Simon, a Herbal Magic employee. Simon, 33, weighed 180 pounds four years ago. "I took

South Beach and lost 50 pounds," she said, adding that the South Beach diet is similar to the Atkins diet in which you can't eat bread, pasta or any other carbohydrate.

"As soon as you go off South Beach you gain the weight back," Simon said, adding that she gained back some of her weight, but not all of it. "I was miserable doing it."

Simon started the Herbal Magic diet one year ago, at the same time when the starting working there. Now there she has lost about 45 pounds.

At Herbal Magic, clients come in and work out on an exercise machine while Simon and helps them with meal planning. According to

herbalmagick.ca, the price depends largely on the person's weight loss goals and cost history and type of program.

"It's all portion control," said Simon. "Supplements help your energy and metabolism to speed up."

"Before Herbal Magic I loved rice. Now I will never eat them," she said, adding that at Herbal Magic they don't allow rice as people's diets because it makes them gain weight.

"It's important to have support and accountability," said Simon. "It's easier to lose weight when you have to come at least once a week."

Today, Simon is down to 130 pounds and is working on losing a little more.

Be dazzled by the Chord Spinners

By CARMENNA BOURGESS

Talent, re-invention and a dash of silliness are a recipe for success for the Chord Spinners.

The ladies' barbershop choir, based in St. Charles has 22 ladies making a melody, starting with no accompaniment at all, four parts harmonies. The four parts are lead, tenor, alto and bass.

On March 1, the Chord Spinners traveled to Southern College Institute to participate in a youth workshop, helping girls from ages 15 to 18 learn how to sing and learn their own barbershop choruses.

"It's a youth workshop, it's the first of its kind ever in a school," said Betty Hunsman, the Chord Spinners director. "The week before the workshop, the choruses were in all of work making sure they were in top form to teach these girls in others."

The Chord Spinners started their rehearsal with a physical warm-up to get those ladies moving to work hard, Debbie Calkins led the laughing ladies through stretches, sit-ups and even the song, "YM C.A." to get their bodies in prime condition to let and hold those notes.

The physical warm-up was followed by breathing and vocal exercises. According to singing coach, Linda Peters, "It's always beautiful and good to exercise singing as a sport. Would you run a 100-meter sprint race without warm-up and stretching? You know the answer. It could seriously harm your muscles."

The ladies started by warming-up with their high notes.

"Get it then," said Hunsman. Moving up more by notes, the ladies' voices started to rise and as they got



The Chord Spinners are enthusiastically perform Linda Lohle's choreography as they rehearse for upcoming performances and competitions.

higher and higher, some of the lower voiced women started to drop out. But they got their chance to shine when the group warmed up their low voices began to bubble away. In their warm-up circle, the ladies sang their choruses.

"We want to sing this with a lot of forward motion," said Hunsman. "Give it a little bounce as it people on into the next phrase." The leaders offered a clear high note which soared above the beautiful harmonies weaving together below.

The ladies moved to the music to practice their perfect note pattern. They swayed back pattern, chorused note range high and lower notes, made their last as entrance as they wanted.

One of the songs they practiced was "Little Dixie" from the musical Chicago. For their performance they'll wear purple outfits covered in sequins and complete with long black gloves.

"What are we singing about?" asked Hunsman, as they practiced. "Love."

and a little little little love."

"It's for a competition in May," said Linda Schmitt, a senior who has been a part of the choruses for two years. "We'll be going to Illinois State." The competitors will feature several local choruses, as well as barbershop quartets.

As they worked in the song, stepping to perfect key changes or timing you could hear the harmonies start to lose together.

The fan-loving choruses not only leads like a family, but also includes some Schmitt's daughter, Jean Hunsman, and grandchildren. Mikayla Schmitt, 14, joined the choruses over a year ago. Kait Buttermuth and her daughter, Karoline, 14, also enjoy spending time singing together in Chord Spinners.

Chord Spinners was formed in 1981 when 12 ladies left another chorus to form their own.

Tim was one of the original and Linda Lohle. "The last one" not only does Lohle sing bass in the choruses, she also does choreography and costumes for their performances, and competitions. Her enthusiasm is contagious.

and when the song you can see it shining in her face. "To compete on stage you need to have 14 members" said Lohle. To raise competitors, a chorus must be chartered. Chord Spinners was chartered in 1981. Hunsman joined the chorus as director 18 years ago.

"I sang in choruses for probably about 15 years, and I was never even director of a differ-

ent chorus before I came here to direct this chorus," said Hunsman. "They had been without a director for a while."

The chorus has no new guest choruses in 1998, in quickly for the international competition.

"You have to achieve 8 more by of people to qualify to compete at the international," said Lohle. Last year's international was in New Brunswick. Chord Spinners improved

their placing by five standings from the year before. This year's competition is in Hershey, Pa. in November.

The Chord Spinners have plenty of upcoming events and competitions to look forward to, and the fan-loving group is enjoying every minute of practicing for them. For more information about the Chord Spinners visit www.chordspinners.com

DATES TO REMEMBER

Upcoming events and performances for the Chord Spinners

- March 21 - Chelsea Gardens Nursing Home Dinner at 7 p.m.
- April 7 - Marghal Nursing Home at 7 p.m.
- April 14 - Twisted in the Orange Restaurant Halls Kitchens at 7 p.m.
- May 18 - Scholastic in Hershey, Pa. 1983
- May 28-30 - Area contest and concert in
- September - International (Hershey and Lancaster) Hershey, Pa.
- December 8 - Twisted in the Orange Restaurant Home 7 p.m.

It's a family thing



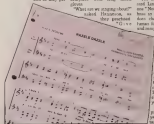
PHOTO BY CARMENNA BOURGESS

Shirley Schmitt welcomed her third Mrs. Jean Hunsman, and granddaughter Mikayla Schmitt, 14, to the Chord Spinners last year, excited to have three generations singing together.



PHOTO BY CARMENNA BOURGESS

Kait Buttermuth and her daughter Karoline, 14, join a 1981 mother-daughter team each week of rehearsal.



Students go Gaga

Winner gets concert tickets

By COURTNEY BROWN

Shawinigan students put out in the Secondary on Feb. 18 to watch the popular Lady Gaga impersonation contest. They had polar bear costumes to win tickets to see the singer in concert.

This was the first time Shawinigan Secondary has held a contest like this that had the students judged out of 30 based on their stage performance, costume, personality and overall performance.

"Each participant had to dress up, perform and buy into a full song and then were judged by a panel of judges," said C&M event coordinator Tara Horvat.

Every contestant went to great lengths to win the grand prize.

"I showed my legs for the

competition," said runner up and first-year journalism print student Jenna Wilcock who sang Gaga's hit song Telephone.

"I like to see the lengths the students will go to see their idol in concert," said Horvat.

Second-year general arts and sciences student Katie Tutton performed the smash hit Monster, dressed in a T in Gaga and walked away with two tickets to see the singer in concert on March 3 at the Star Canada Centre in Toronto.

"I knew I had the competition in the bag. I have been in her concert twice already, she is an amazing performer" said Tutton.

"She (Gaga) makes you feel so good about yourself, she is amazing."



Celebs for Gaga impersonators. From left, Katie Tutton, Connor Brown, Jenna Wilcock, Tim Bessner and Mikalen Carvalheiro wait patiently to hear which one of them won the competition.



Second-year journalism print student Connor Brown, behind and Patrick Poon by Gaga during the Celebrity Gaga contest on Feb. 18. This was the first year C&M held a contest like this.



PERFORMER BY CONTESTANT KATIE TUTTON
Second-year general arts and sciences student Katie Tutton rocked the popular Gaga song Monster to take the grand prize (two concert tickets to see Lady Gaga).

First-year journalism print student Jenna Wilcock performed the hit song Telephone. Wilcock won second the run-up for his performance.

Fourth-year mechanical systems engineering student Tim Bessner dressed the part to impersonate Lady Gaga in her Bad Romance song on Feb. 18.

Not to be passed over

Woodside is a piece of Kitchener history

BY ASHLEY IDEL

Up Wellington Street North, just an inconspicuous plot of land that is home to some things often overlooked, lies the childhood home of our 10th prime minister, William Lyon Mackenzie King.

King lived here in Kitchener, formerly Berlin, Ont. from 1898-1899.

The Victorian house is now part of Parks Canada's Woodside National Historic Site. It has been restored to its 1899th state and is open to the public to visit and glimpse how our longest serving prime minister lived during his early years.

King was born in Berlin, Ont. in 1874, making the area historically significant to the family. The son of a lawyer, he lived in relative comfort throughout his life, working for his father. He lived at Woodside until his university studies in 1893. His health here severely degenerated by the time of his death, from both

University of Toronto and Harvard University.

Politically he served 22 years in office as prime

minister, beginning in 1893 and ending in 1948, with a break between 1900 and 1905, when Robert Borden took over.

Marked by a very spiritual man in many ways, he was a practicing Presbyterian, but also believed in divination and mediums, conducting tea tables in which he used to keep in contact with departed associates and his mother.

Totally about this very colourful man who is an important part of our history can all be explored at the Woodside estate.

"Not only do we have the

history of Mackenzie King, we have it in context," said Bob Roe, curator at Woodside.

"We have 4,000 artifacts, over 400 of which were brought to the house."

The estate changes its setup each year to show how it is a

place that was different because of the different times.

There goal is to make it feel like the "Kings have just walked out of the room ahead of the visitor."

Woodside does more than just offer to enlighten visitors. They do a lot of work with new Canadians, too, said, "We have a citizenship ceremony here and we do a lot of ESL groups, and on many ways, also in a way of showing new Canadians what a portion of life was like in Canada in the

19th century. It's giving some of the kids, some of the high schoolers, some of the people who are interested where we come from."

During Woodside's summer at Woodside, said that it is wonderful to have new Canadians around Woodside to see how Canadians lived at the time of the country and that the kids of wonder to their lives is always worth while.

"The information that we present to the public is very interesting," said Woodside. "They also learn an education at the estate, using that 60 per cent of visitors to the site is school groups. They look at themselves as a part of the past trying to make his way more alive for students."

"It's all about understanding heritage," said Roe. "If you don't know your past you're bound to repeat it."

The park closes to the public during the winter months but does welcome visits later. Woodside will reopen May 18.



prime minister

William Lyon Mackenzie King was Canada's 13th and longest serving prime minister. King is credited with many accomplishments during his time in office, one of which is the introduction of Canadian citizenship. Previously, Canadians were considered British subjects.

NATIONAL HISTORIC SITES IN THE AREA

This is a list of other historic sites that can be visited in the Kitchener area.

- Homer Watson House - Kitchener
- Joseph Schneider Haus - Kitchener
- Our Lady of the Immaculate Conception - Guelph
- Guelph City Hall - Guelph
- McCoy House - Guelph
- Folsom Estate Mill - Cambridge
- Former Galt Post Office - Cambridge
- Former Black Drill Shed - Elora
- Her Majesty's St. Paul's Chapel of the Motherwicks - Brantford
- Bell Homestead - Brantford
- Boring House - London
- Middlesex County Courthouse - London
- Petrol Street Complex - London
- Freeman Textile Mill - Paris
- Woodstock Town Hall



A view of Woodside from the front. The estate was built in the mid 1890s and was home to Mackenzie King from 1898-1899.



The estate from the back. The grounds are very large and facilitate many outdoor activities such as 19th century games during the spring, summer and fall.

PHOTOS BY ASHLEY IDEL



Curator Bob Roe shows a 19th century metal spoon to a child in his working order. Curator maintenance here is to be done to keep the estate's artifacts at their best.

Thrift store does more than sell clothing

By SARA SWANE

Homestead's Blue Kinnear Boutique may seem like just another thrift store, but it's so much more.

The Cousins Family, owner and founder of Montgomery Family Ministries of Cape Fear, has opened up the new, quality thrift store, located at 1515 Hanes St. in New Hanover, which sells good quality clothing and small workable appliances and similar furniture, such as end tables and chairs. The

store is about 1,500 square feet and is packed to the brim with quality goods. But what makes this store so unique is the people who run it.

Montgomery Family Ministries is a faith-based ministry dedicated to reaching out to families, children and youth with hands-on assistance to help build futures, relationships and opportunities for development. The focus of the Montgomery programs is to equip and train youth to be contributing members of society.

Forbes thinks that the thrift store will be a perfect way to teach youth about saving in the retail business and help them gain valuable experience being contributing members of society along with the youth who are already part of the Montgomery program, two full-time staff members — Taryn Wiley and Mike Gossamer — will be running the store. Forbes has invited anyone from the community to volunteer and gain retail service experience.

"We have to be creative, we want will help the kids in the community," he says. "We're not just selling the food, that's the first thing we'll be doing there, we're operating."

All clothing that doesn't get sold at Blue Kinnear will be used to fill a barrel and be sent to Ghana to help orphans and their families. Montgomery, as part of this ministry, shipped 20 barrels to Ghana last year and 20 more will be sent out in March. Kinnear can be purchased for a de-

tail and are filled with clothes, school supplies and toys.

Forbes is hoping to open a small coffee shop within the thrift store to help youth learn about serving skills and communication.

"It's all about community helping community," she said. Drop off boxes are located at the Kinnear store in St. Augustine, outside the Montgomery ministry in New Hanover and the Cousins Christian Fellowship in Greensboro.

A 10TH ANNIVERSARY CELEBRATION



PHOTO BY SARA SWANE

Sophy Williams is a sophomore broadcast radio student who usually does the 2 to 4 p.m. (SOS) show, one of the radio local and of the college on Feb. 28, doing promotional work. (SOS) will be doing a live live radio broadcast of Club Atlantic in Winston-Salem. Call them 226-6111 to 1 a.m.



Annexes Williams is a sophomore broadcast radio student, and the announcing for the first hour of the live broadcast.

Write your own commercial for Doritos contest

By KIM YOUNG

Commercial can be a scary, funny or informative, long, short or chopped over. And now, because of Doritos' The Real contest, you can add lucrative to that list.

Doritos is asking you to write the best 30 seconds of a commercial where one of their newly introduced flavors will be destroyed in 400 characters or less, you must destroy either the Creamy Ropes N' Ketchup or Buffalo Wings N' Ranch flavor in an exciting, witty, dramatic, comical or whatever creative manner you can come up with.

If your entry is chosen as the winner, they'll film your ending and give you the writing credit.

Oh, and they'll pay you \$25,000 and one year's use of the sales from the surviving flavor.

Entries are currently being accepted at www.mylifeandad.com and March 15 through March 28, even representatives of each flavor will then be chosen via online voting on the website. Voting will end March 27.

Once the finalists have been selected their commercial ideas will be screened by a panel of judges including a Doritos brand representative, the commercial director and the ad agency.

The judges may take voting popularity into account but ultimately they will pick the grand prize winner based on what they think works best as terms of "exciting, witty, funny, unexpected, effective and overall appeal," according to the contest's website.

Finalists will be given the opportunity to pitch their creative idea to the judges

over the phone.

A party for the 10 finalists will be held May 6 which will air live on Much Music. At exactly 8:54 p.m. the commercial idea that Doritos chose to film will air, thus announcing The Real's grand prize winner.

While that will spell "The Real" the most of the finalists, it's only the beginning of two things for the contest winner — a new bank account and appreciation for commercials.



We may just talk to few, but our words can be heard by many.

The language we use can set the tone for our community.

Thank You for Being the Difference

CORRECTION

Student Life

Find balance in life with yoga

BY MONIKA LUTHELMAN

Think about your life for a minute.

Do you wish you had a more balanced lifestyle? Maybe one with more energy, a bit less stress and a clear mind would suit you better. Handling school, jobs and lots more other stresses demands can be exhausting, both physically and mentally. Although there may not be daily to-do list in not possible, adding just one more thing may prove the changes you need.

If you want more control in your life you should try yoga. It is a practice that uses posture movements and breathing exercises to attain control of the body and mind, along with many other beneficial results. It is a Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquillity.

Yoga is something that any body can get in to. For those who resemble a procrastinator or those who can't even touch their toes as long as you are breathing it is proven to try flexibility in a healthy, safe and progressive.

While practicing yoga, it gives you the mind power to have equilibrium of the good and bad of the mind. It doesn't mean you lose all emotions; you just start to be more accepting of emotions. This is a start to decreasing stress in your life.

"When you cultivate a deep breathing that is pace and even it stabilizes your parasympathetic nervous system," explained Lindsay Gulesian, owner and manager of Pranali Yoga Studio in upper Waterloo, "And in this complete off your fight-or-flight, which all of us live in. If you continue to do that on a regular basis you completely change your physical response to stressful situations."

time, as we're teaching your body to relax."

Along with supporting your mind, yoga has tremendous physical benefits on the body. It improves breath and movement, your body becomes more in tune, resulting in weight loss, stronger and more muscles, better posture and a decrease in back and shoulder pain.

"Yoga is actually proven to be one of the best things to help increase your insulin capacity in your body especially someone diabetically," said Gulesian. "It can be mastered with regular yoga practice because the focus is on the breath."

Yoga is very easy to start, but those unfamiliar with the activity may not know where to begin. So here are a few tips to start off.

Start with the basics. It's something that you don't have a lot of time to commit to, but there because that's the most important, part," Gulesian suggests that whenever you get a chance just focus on your breathing. Release all your air then and then take long deep inhales. This will prepare you for yoga movements, as each breath is a guide in the transition to the next posture.

Based on the interest for yoga continues. Put on your workout clothes, clear a small area in your room and follow a video from YouTube as a perfect place to start. The advice are easy to pick up on, so don't worry if you feel lost the first few times. Watching different videos will also give you an idea of what style is suitable for you.

There are many yoga classes that are simple and can be done just sitting on a chair. Find a few you can do while sitting at front of a computer and try them out when you're working on your next home work assignment. It gets your mind and body a refresh every hour.

"It takes about 30 days for something like that to become an actual habit, but you'll notice that."



PHOTO BY MONIKA LUTHELMAN

Lindsay Gulesian shows the yoga pose Urdhva Dhanurasana, or Upward Bow pose, in her yoga studio, Pranali, in upper Waterloo on Feb. 24.

your body starts to relax it and will relax in when you don't do it," said Gulesian. "Most clinical studies that are done, the control groups are given 45 minutes, four times a week. So that's something to build up towards."

If after your first yoga experience you're not convinced it's something for you, try changing your posture. Try it at different times of the day and try different styles. They are so many variations of yoga that there is bound to be one most suitable for you. Lack of motivation can sometimes be a problem, especially for students who think their schedule is full enough already. Sit on your mat or just the floor, close your eyes and sit up straight. Focus on just breath and eventually your body will make you're ready to go and will want to feel the exercise.

Go to a yoga class. There are a lot of studios in a good way to get motivated. The Guelph College recreation centre has free yoga classes for students five times a week. They are done at a pace where beginners can easily follow and those more experienced can do advanced.

Pranali Yoga Studio often offers for beginners too, including private sessions, which is about half the cost. You can take any where. You will also know the basic postures that are in a typical class. Feature Gulesian states is not available, nothing why

the postures are important and how you can create a safe practice as you don't injure anything.

Also, remember why you're doing this in the first place. Focus your life the way you want it, without stress, more energy, a stronger body and a clear mind. You deserve to be as happy as possible, and yoga is the perfect way to achieve that.

"For my personal practice, I

love the idea that happens after, where you just come out of savasana and everything seems OK. It cultivates a sense of well being, what else are we here for?" Gulesian said.

So try it out. You may be pleasantly surprised at how much your life will improve, just by incorporating posture movements and breathing exercises into your weekly routine.

MANY PRACTICES ARE BASED ON ASTANGA

"That just means eight limbs. It ties into the idea that the philosophical traditions behind this particular lineage has eight spiritual limbs. So, the social discipline, the personal discipline, the physical practice, the breath work, the ethical foundation, the ability to focus on one particular object, the ability to become one with that particular object and then the ability to become all consciousness. Like many volumes of a book."

• Lindsay Gulesian, yoga instructor at Pranali Yoga Studio

Places to check out in Kitchener-Waterloo

Waterloo studios

| | |
|-----------------------|---------------|
| Pranali Yoga — | 10 Regina St. |
| Moksha Yoga — | 55 Erb St. |
| Community of Hearts — | 626 King St. |

Kitchener studios

| | |
|---------------------|------------------|
| Queen Street Yoga — | 44 Queen St. |
| Blue Skies — | 55 Victoria St. |
| Bikram Yoga — | 663 Belmont Ave. |



Wind turbine causing turbulence

By SARA HOLLAND

St. John's will be the home of a wind turbine soon, which concerns many residents.

Local business for Future Energy Co. executive Joe Liff Co. up to a local unit are based out of St. John's that in both an environmental and community perspective. The St. John's Wind Project has been their main focus for the past year and they have completed a land lease option agreement that will give them a first pass option on a site near St. John's.

Many people are against the idea of wind turbines, saying they create health issues because of the "swinging" sound created by the blades. An article on www.stjns.ca says that "Scientists have only begun studying the phenomenon. Some early findings suggest that wind turbines create a high intensity, low frequency sound that may have an effect on the body. Not only can the sound potentially cause sleepwalking, stress, some researchers believe the vibrations the sound creates in the tower can may lead to



Photo by SARA HOLLAND

Signs such as this one are being the made in England as well as St. John's where a wind turbine will be erected.

where concrete slabs. That can cause dizziness, nausea and sleep disturbances." There is also concern for birds as they tend to fly into the blades and get killed.

Steve Hollings, the project manager at Liff Co., believes that the turbine will have a minimal effect on

people. "Most residents will have a visual reminder that energy comes from somewhere — and some sources can be benign. Our turbines energy comes from somewhere and the breeze and we don't use it. If they are just turbines, they will feel even better

about it — as in the case to many European countries," said Hollings.

Liff Co. is currently planning only one turbine as they cost a least \$1 million each. If people see the advantages and the noise can successfully run the capital, a second turbine somewhere is a possibility.

The Green Energy and Economy Act of Ontario (GEEA) states that the turbine must be 100 metres from any other residential site of the landowner's property.

Some concerns are defined on the centre of buildings or structures used for overnight accommodations or those used as an educational facility, day nursery or place of worship.

The village of St. John's will be divided into the village by the fact that no one who doesn't will either or share part of the swimming around the turbine water," said Hollings.

He believes that now that the GEEA rules are in place, the interests of some residents will be protected.

The people opposed to wind turbines have referred to

European studies that report on negative health effects, but when we asked for their references, they have not answered. People we know in St. John's know of no such studies, said Hollings.

He said wind turbines will never replace nuclear or other generation systems because water has to be used to bring lots of energy on board. Turbines will only provide a portion of the energy we need but will help reduce the use of other energy sources.

The earliest a turbine will be erected is 2013. Before then Liff Co. will conduct an extensive land use study, a second heritage study, land at least two community meetings, as well as communicate with all property owners and require permits to sell the electricity to the grid.

"These approvals all have to be given before we will be allowed to begin construction," said Hollings.

Recently an article in the Globe and Mail stated that the Ontario government has "banned a step in any offshore wind power projects in the province's portion of the Great Lakes, until further scientific study is done."

DUCKS GO QUACKERS FOR CRACKERS!



Photo by MARCO BARTON

A father and son feed a hungry flock of ducks at Mermaid Park during the cold winter weather. It won't be long until the ducks enjoy a feast, warm summer



COUNSELLOR'S CORNER

Stress and Stress Management Part 1: What is Stress?

Stress has become part of our everyday vocabulary. Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress describes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates enthusiasm and excitement and can propel us to action (remember that clutch angle that won the T-ball game for your team)? As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (birth of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane, some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

A Message from Counselling Services, JALDC

Kitchener-Waterloo awarded CJFL team; Twin Citle Predators to debut in 2011

By RYAN THOMAS

When you take the time on your high school football team but had to hang up your cleats? Think you could not when it takes to level a quarterback or make the game-winning kick? Thanks to the Ontario Football Conference awarding Kitchener-Waterloo a Canadian Junior Football League team if you're under 25 you can get back on the gridiron and prove it.

The OFC agreed at their annual meeting this month to award a CJFL franchise to the Twin Cities Mount Yorkville Football Association (TCMYFA) beginning in 2011. The Twin Cities Predators will be the 30th member of the CJFL, which consists of the OFC, MC Football Conference and Prairie Football Conference. The Predators will play home games at University Stadium on Burroughs Drive in Waterloo. Not only will the team get to play at the recently renovated home of the Lanark Golden Hawks they will travel to face seven other OFC teams through the regular season including London Whoduns, Orleans and St. Leonard, Quebec.

"The venue for this team is



to become a football club the Kitchener Rangers are to hockey, said TCMYFA president Jim MacArthur in a press release. Obviously, many of the fans of the university games are alumni of either UW or WLU and as such, have influence a side to cheer for. "That is a team that the entire region can get behind."

The CJFL has helped launch the careers of many CFL players including Peter Bello of the Montreal Alouettes, Tony Gabriel of the Ottawa Roughriders and all-star linebacker Larry Wright of the Edmonton Eskimos.

The Predators will fall under the "Ontario Agreement" playing personnel which means all players will actually be the property of the league until the completion of their CFL career.

For many good players, their football days are really only over when they finish

high school," said MacArthur. "This will give them an additional avenue to be noticed by the pro scouts and potentially lead to a CFL career."

Nightmares have already started with coaching legend Dave "Tuffy" Knight to help them get there. Knight, 74, has led both the Lanark Golden Hawks and the University of Waterloo Warriors to provincial Yates Cup titles and served as the Argentine director of player personnel for five years. The three-time Frank Yonkoff Trophy winner is top seniority coach in Canada, was inducted into the Canadian Football Hall of Fame in 2007 after accumulating 123 wins over 20 years of coaching.

Trophy for the team began in late May with will books started for mid July. The regular season runs from mid-August until the playoffs begin in November. The team could end up travelling anywhere on the nation for playoff games, as Hamilton did last year, playing their semi-final game in Montreal, B.C.

For more information on trying out for the Twin Cities Predators, contact MacArthur at 519-885-8227.

Guelph campus Gets Involved

By THOMAS HENRY

Students from Guelph's Guelph campus took the initiative on Feb. 15 to host a Get Involved Fair.

Twenty-four students from the general business program's effective communication course hosted displays in the cafeteria to get students actively involved in the community.

Each display represented different volunteer opportunities within the community, such as Habitat for Humanity, Guelph Minor Hockey Association and Girl of the Gold.

Students who volunteer have the chance to develop new skills and leadership qualities, meet new people and increase their confidence. Furthermore, students can make contacts for program-related volunteering opportunities.

their portfolio, enhance their resume and learn about potential future employment.

"This was meant to give students the opportunity to not only get involved in the community, but use their skills outside of the classroom, such as using PowerPoint and public speaking," said Matthew Maguire, Student Life program manager at both the Dues and Guelph campuses.

A lot of students came to show their interest.

"There was a wide range of displays from sports to the arts. It was a great way for students to mingle and meet. It was a great success."

This is what's considered an integrated learning approach for the students, as it allowed them to use their skills outside of the classroom and also to get involved in the community.



Photo: University of Guelph

Guelph's Student Life department and general business students hosted a Winter 2011 Get Involved Fair Feb. 15 at the Guelph campus. Students could learn about different ways they could get involved in the local community by visiting booths that presented various community groups.

Above: representing the Guelph Minor Hockey Association are David MacIntosh and Stefan Thickett. Below are Michelle Turner, Michael Loucks, Sam Pines and Yaping Zhang who presented the River Run Centre.



HUMBER

School of Hospitality,
Recreation & Tourism

get more nutritional content



The Food and Nutrition Administration Program is designed for students who want to combine nutrition education and management skills, with three seasons in culinary education to give the students necessary to work as chef and nutrition managers within the growing health-care and food-service sectors.

The program also includes two internships in the last semester that will give students all the confidence to enter their career.

Learn more at www.humber.ca/food
for details visit humber.ca/food

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